

HEEL DRAGS



This is an easy-to-learn, versatile exercise for strengthening hamstrings. Participants can change the difficulty simply by pressing harder against the floor or using a Thera-Band. Think of it as a seated hamstring curl.

Benefits »

- ⊙ Strengthens hamstrings.
- ⊙ Allows for easy adjustments to resistance.
- ⊙ Allows participants to do a seated strength exercise to strengthen their legs.

Set It Up »

You will not need any special equipment for this exercise, unless you choose to add resistance with a Thera-Band. Then each participant will need a Thera-Band.

How to Do It »

The Start

- ⊙ Participants sit tall at edge of their chair so that more of the hamstrings are off the chair.
- ⊙ Feet are flat on the floor, hip-width apart.
- ⊙ Participants place one foot forward of the other, still flat on the floor. The forward leg is almost extended.

The Moves

Use the following cues.

- ⊙ Press the forward foot down into the floor to create resistance for the heel drag.
- ⊙ Drag the foot backward until its toe is in line with the other heel, if able.
- ⊙ Place the foot back out in front again and repeat the heel drag 8 to 12 times, as tolerated.
- ⊙ Switch forward legs and repeat with the other leg.
- ⊙ Stretch hamstrings when finished (seated Gentlemen's Bow).



Take It Further »

- Add more repetitions, up to 15.
- Cue participants to press more firmly against the floor to garner more resistance for the pullback phase.
- Add difficulty with a Thera-Band using the following cues.
 - Run the middle part of the Thera-Band under both feet (hold the ends of the band in your lap to adjust resistance).
 - Push just one heel out of the looped band and hook it over the band. Place that heel on the floor.
 - Drag the hooked heel backward, as in Heel Drags, against the resistance. (The band adds extra resistance to the pull back phase.)
 - Maintain Tall Sit throughout activity.



Keep It Safe »

In this exercise, participants begin seated at the front of their chair. To better support the back and torso in this position, ask them to place their arms on the chair arms and keep their core muscles braced.